

## RD - Rheumatic Disease

### **RD-C            COMPLICATIONS**

**OUTCOME:** The patient will understand how to lessen complications of rheumatic disease.

**STANDARDS:**

1. Review the common complications associated with the patient's disease.
2. Review the treatment plan with the patient. Explain that complications are worsened by not participating with the treatment plan.

### **RD-CM        CARE MANAGEMENT**

**OUTCOME:** The patient/family/caregiver will understand the importance of integrated care management in achieving optimal physical and behavioral health.

**STANDARDS:**

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the care management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the care plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated care management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

### **RD-DP        DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the pathophysiology of rheumatic disease.

**STANDARDS:**

1. Review the disease process of the patient's rheumatic disease.
2. Review the physical limitation that may be imposed by the patient's disease.
3. Explain that treatments are highly individualized and may vary over the course of the disease.
4. Refer to the Arthritis Foundation or community resources as appropriate.

**RD-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will have an understanding and demonstrate (when appropriate) the proper use and care of equipment.

**STANDARDS:**

1. Discuss the indications for and benefits of the prescribed medical equipment.
2. Discuss the types and the features of the medical equipment as appropriate.
3. Discuss and/or demonstrate the proper use, care, and cleaning of medical equipment.
4. Participate in a return demonstration by the patient/family.
5. Discuss the signs of equipment malfunction and the proper action in case of malfunction as appropriate.

**RD-EX      EXERCISE**

**OUTCOME:** The patient will maintain an optimal level of mobility with minimal discomfort.

**STANDARDS:**

1. Emphasize that exercise is an important component of the treatment plan. Stress the importance of balancing rest and exercise.
2. Explain that exercise, when done correctly, can help reduce rheumatic disease symptoms, including the following:
  - a. Preventing joint stiffness
  - b. Keeping muscles strong around the joints
  - c. Improving joint flexibility
  - d. Reducing pain
  - e. Maintaining strong and healthy bone and cartilage tissue
  - f. Improving joint alignment
  - g. Improving overall fitness
3. Emphasize that exercise can also help with weight reduction and contributes to an improved sense of well-being, enhance sleep, and reduce stress and depression.
4. Review the different types of exercises including active and passive range of motion, muscle strengthening and endurance exercises.
5. If applicable, review and demonstrate the prescribed exercise plan.
6. Emphasize the importance of “warm-ups and cool-downs.” Explain how the application of heat or cold prior to beginning exercise may reduce joint

discomfort. Explain that people who have poor circulation should talk to their healthcare provider before using hot or ice packs.

7. Caution the patient not to overexert. Stress the importance of taking a break when experiencing pain or fatigue.

**RD-FU      FOLLOW-UP**

**OUTCOME:** The patient will understand the importance of fully participating in the treatment plan and regular follow-up.

**STANDARDS:**

1. Discuss the patient's responsibility in managing rheumatic disease.
2. Review treatment plan with the patient/family, emphasizing the need for keeping appointments and adhering to medications regimens.

**RD-L      PATIENT INFORMATION LITERATURE**

**OUTCOME:** The patient/family will receive written information about rheumatic disease.

**STANDARDS:**

1. Provide the patient/family with written patient information literature on rheumatic disease.
2. Discuss the content of the patient information literature with the patient/family.

**RD-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient will understand the lifestyle changes necessary to optimize performance of everyday activities.

**STANDARDS:**

1. Discuss that treatment for arthritis is usually a combination of rest and relaxation, exercise, proper diet, medication, joint protection, and ways to conserve energy. Discuss way to pain management. **Refer to RD-PM.**
2. Review activity limitation and the importance of avoiding fatigue.
3. Discuss ADL aids. Make a referral to social services for assistance in procuring such devices.
4. Explain how exercise and social involvement may decrease the depression and anger often associated with rheumatoid disease.
5. Discuss how self-image, pain, fatigue, inflammation, limited joint mobility, and medications can alter sexual desire and sexual activity.

6. Assess level of acceptance and offer support and referral to social services and community resources as appropriate.
7. Discuss the importance of relaxation to minimize stress, thus minimizing symptoms. A relaxed body means the muscles are relaxed, relieving some of the pain associated with rheumatic disease.
8. Discuss the techniques that may reduce stress and depression such as meditation, imagery, prayer, hypnosis, and biofeedback.
9. **Refer to HPDP.**

**RD-M            MEDICATIONS**

**OUTCOME:** The patient/family will understand the proper use of anti-rheumatic medications.

**STANDARDS:**

1. Review the mechanism of action of the prescribed medication.
2. Discuss the proper use, the benefits, and the common side effects of prescribed medications.
3. Explain that some medications may have long-term effects which require regular monitoring and follow-up.
4. Explain the importance of consulting with a healthcare provider prior to using OTC medications, or other non-prescribed or illicit drugs. **Refer to CPM and PM.**
5. Discourage the use of alcohol, since it worsens most rheumatic diseases in the long term.
6. Explain that many rheumatic diseases are chronic, making long-term management of pain, and symptoms of the disease very important.

**RD-MNT       MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient and family will have an understanding of the specific nutritional intervention(s) needed for treatment or management of rheumatic disease.

**STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.

- e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

**RD-N            NUTRITION**

**OUTCOME:** The patient will strive to achieve and maintain a safe weight level through a nutritionally balanced diet.

**STANDARDS:**

1. Assess the patient's current nutritional patterns and review improvements which can be made. **Refer to HPDP-N.**
2. Explain that a well-balanced diet helps to manage body weight and provides the body with the nutrients it needs to stay healthy.
3. Refer to a Registered Dietitian.

**RD-PM          PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand the patient's pain management program.

**STANDARDS:**

1. Stress the need to fully participate with the prescribed treatment plan.
2. Emphasize the importance of rest and avoidance of fatigue.
3. Discuss the use of heat and cold.
4. Discuss the techniques that may reduce stress and depression such as meditation and bio-feedback.
5. Emphasize the role of exercise in reducing pain, maximizing mobility, and reducing stress/anxiety.
6. Refer to physical therapy as appropriate.

**RD-TE          TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, including indications and impact on further care.

**STANDARDS:**

1. Explain the test ordered.

2. Explain the necessity, benefits and risks of the test to be performed, as applicable, including possible complications that may result from not having the test performed.
3. Explain how the test relates to the course of treatment.
4. Explain any necessary preparation for the test.
5. Explain the meaning of the test results, as appropriate.